

M. Diaz

# My Media

## Directions

How much time do you spend with different types of media in a given day? Fill in the log below to track your media habits. Use the log to track your device use and media habits; remember to include activities that you do during the school day and at home.

1. In the left column labeled **DEVICE**, list which of the 5 types of technology you used: **cell phone, TV/DVD player, video console, tablet, computer.**
2. In the middle column labeled **ACTIVITY**, write a short description of the type of activity you did on the device.
3. In the right column labeled **TIME**, track how much time (in minutes) you approximately spent doing each activity.

DEVICE	ACTIVITY	TIME (min.)
EXAMPLE: tablet	watched a movie	90 min.
EXAMPLE: cell phone	listened to music	30 min.
phone	check for overnight messages	1 min.
tablet	Morning updates <sup>social media</sup>	20 min.
phone	MUSIC on way to work	30 min.
computer	Gave a presentation x2	120 min.
computer	School work	60 min.
phone	text	15 min.
phone	✓ emails, respond etc	30 min.
computer	NWEA training	120 min.
computer	School work	45 min.
<del>cell</del> phone	text, IM, email	60 min.
Computer	School work	60 min.
tablet	evening updates <sup>social media</sup>	30 min.
TV	fall asleep	30 min.
<b>ONE DAY'S TOTAL TIME:</b>		

HINT: Divide the total amount of minutes by 60 to calculate how many hours you spent with media.